Fremont High Foods and Nutrition 2

1st Term – 90 Minutes

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| Date | Topic | Assignments | Lab or Demo |
| Day 1  8/20-8/21 | Introductions and name games | Disclosure Documents and introductions – teacher and student. Name game or M&M game. |  |
| Day 2  8/22-8/25  S1 O1 | Kitchen Management Safety and Sanitation | PB&J demo – questions along the way about sanitation. Kitchen Safety Video with notes. Sanitation worksheet. Storage and | PB&J demo – ¼ sandwich per student |
| Day 3  8/26-8/27  S1 O1 | KM Food Borne Illness, correct cooking temperatures | Food Borne Illness presentation. Activity – food borne illness stations. Introduce cooking temperatures. Cooking temperature game. Food borne illness scenarios. Danger zone and Reheating temperatures – cooling foods and hours needed. |  |
| Day 4  8/28-8/29  S1 O1 | KM FIFO and personal hygiene, basic first aid | Intro FIFO, notes, review personal hygiene, notes, and Poster Assignment incorporating both FIFO and personal hygiene. Wrap up – review first aid. |  |
| Day 5  9/2-9/3  S1 O2 | KM Abbreviations and equivalents, Correct Measurements | Measuring Demo Mr. E’s cookies. Measuring worksheet with abbreviations. Note card crib sheet for equivalents | Measuring Demo Chocolate Chip Cookies |
| Day 6  9/4-9/5  S1 O2 | KM Culinary Terms, clean and sanitize | Cross contamination bell quiz – Zits. Culinary terms ppt and ws with definitions. Watch episode of Chopped and record all cooking terms used. Define clean and sanitize – have students sanitize counters and clean tables. |  |
| Day 7  9/8-9/9  S1 O2 | KM Yield and lab & Culinary Terms | Yield assignment using equivalents crib sheet. Yield recipe hand out for lab. Check the amounts. Lab | Yield lab – Peanut Butter Cookies |
| Day 8  9/10-9/11  S1 O2 | KM Small appliances and scale activity, thermometer calibration KM Review | Small equipment WS and usage. Intro scale and demo how to weigh correctly also show internal probe thermometer and teach calibration. Student practice using scale and calibrate thermometers with WS. Kitchen Management Review handed out. | Scale demo and practice lab. |
| Day 9  9/12-9/15  S5 O1 | Kitchen Safety  Knife Skills Introduction and practice assignment | Identify types, use and care of knives. Introduce knife cuts. Discuss station set up, sanitation, and storage of knives. Introduce knife cuts – Student practice with lab. | Lab: Carrots and celery with fresh ranch |
| Day 10  9/16-9/17  S5 O1 | KS Knife skills demo and lab KS review | You tube clips as reminders for student knife cuts. Demo cuts if questions. Lab with specific knife cuts assigned. ½ page knife skills review handed out to be completed while students prepare lab. | Lab: Vegetable Bacon Stir Fry |
| Day 11  9/18-9/19 | KM and KS | \*\*\*Wiggle room – worried about early classes. |  |
| Day 12  9/22-9/23 | KM and KS assessment | KM and KS Assessment – Correct in class. Reviews due. |  |
| Day 13  9/24-9/25 | Salads  S6 O1 O2 | Salads Listening Guide and PPT. Instructions for lab given and tasters table of different dressings. Lab evaluation of dressings on listening guide. | Lab: Dressings Mayonnaise based and Vinaigrettes |
| Day 14  9/26-9/29 | Salads  S6 O4,O5,O6 | Salads and MyPl. Nutrient involved, functions in the body, vitamins and minerals found in salads. Types of salads and categories. White board activity with salad pictures |  |
| Day 15  9/30-10/1 | Salads  S6 O3&O6 | Review types of salads as a class. Composition Salads lab and tasters table. | Lab: Composition salads (taster’s table) |
| Day 16  10/2-10/3  S7 O1 | Health Concerns – Life span and MyPlate | Intro nutrition through the life span. PPT nutritional needs for children using MyPl with plate assignment based on age, gender and activity level. Ages 12 months to 11 years. Evaluate lab and ingredients for this category. | Lab: Cereal Snacks |
| Day 17  10/6-10/7  S7 O1&O2 | HC Teen Athletes | Adolescence and Teen athletes (12-20) – PPT notes on training, pre-event exercise, hydration, during event/exercise and recovery. MyPl with plate assignment. Evaluate lab and ingredients for topic. | Lab: Energy bars or balls |
| Day 18  10/8-10/9  S7 O1 | HC Adult and Elderly | Adult (21 to 60) and elderly (60+). Current MyPl recommendations. MyPl with plate assignment. | Lab: High Fiber Quick Bread |
| Day 19  10/10-10/13  S7 O3 | HC Diabetes and Anemia | Health Concerns Chart information and Lab instructions. Student evaluation of ingredients in lab and applications of prevention. MyPlate application? | Lab: Quick Chili |
| Day 20  10/14-10/15  S7 O3 | HC Heart Disease and Colon Cancer | Guest Speaker? Prevention of heart disease and colon cancer? Hospital videos? Students create a healthy eating plan that will help prevent both diseases. Using MyPlate and Dietary Guidelines to create a pamphlet to promote prevention. |  |
| Day 21  10/20-10/21  S7 O3 | HC Osteoporosis | Health concerns chart information and la. Student evaluation of lag and applications of prevention | Lab: Breakfast Pudding Parfaits |
| Day 22  10/22-23  S7 O3 | HC Obesity | Weight Management PPT and Listening Guide, student active and resting heart rate. Discuss BMI and healthy eating behaviors. |  |
| End of 1st Term | | | |
| Day 23  10/27-28 | HC Assessment and Consumerism  S3 O2 | Life Span/Health Concerns Assessment (scantron). Introduce Consumerism Label reading assignment. Lab and label creation. | Lab: Green Smoothie with label creation |
| Day 24  10/29-30 | Consumerism  S3 O1  Buffet Etiquette | 10/29: Consumerism notes and PPT. Video “Savvy Shopper” with 15 facts notes. Unit Pricing Assignment.  10/30 Buffet Manners and Etiquette.  Halloween Buffet and Taster’s Table | Lab: Halloween Buffet |
| Day 25  10/31-11/3 | Buffet Etiquette  Consumerism  S3 O1 | 10/31 Buffet Manners and Etiquette.  Halloween Buffet and Taster’s Table  11/3 Consumerism notes and PPT. Video “Savvy Shopper” with 15 facts notes. Unit Pricing Assignment. | Lab: Halloween Buffet |
| Day 26  11/4-11/5 | Soups and Sauces | Introduce Mother Sauces. Demo Bechamel. Assign each lab to make a mother sauce using information from demonstration. | Demo– Mother Sauce Lab: Mother Sauces  Taster’s table. |
| Day 27  11/6-11/7 | Soups and Sauces | Mother Sauce listening guide and PPT. Soups PPT and listening guide – storage and reheating emphasized. Temperature Game |  |
| Day 28  11/10-11 | Soups and Sauces | Review soup information and labs. Take and bake rolls for each lab to bake while they make their soups | Lab – Cream Soups with different Mother Sauces. Taster’s table |
| Day 29  11/12-13 | Yeast Breads | Demo Quick Cinnamon Rolls. Start Yeast Bread listening guide. | Demo: Quick Cinnamon Rolls |
| Day 30  11/14-17 | Yeast Breads | Lab day – will need entire time. Evaluation of final product before leaving. | Lab: Quick Cinnamon Rolls |
| Day 31  11/18-19 | Yeast Breads | Finish Yeast Breads Listening Guide. Yeast activity and water temperatures using probe thermometers. Yeast and sugar activity. |  |
| Day 32  11/20-21 | Meal Planning  S9 O5 | Etiquette- Notes, dos and don’ts, scenarios | Lab: Quick Italian Cheese Bread |
| Day 33  11/24-25 | Meal Planning  S9 O2&03 | Meal Planning ppt and listening guide. Factors that influence food costs/budgets when meal planning. Grocery Ad assignment. FCCLA work plan assignment for upcoming class with recipes and time line. |  |
| Day 34  12/1-2 | Meal Planning | Complete meal assessment. Go over rubric with students before starting and then grade accordingly. | Lab: Complete Meal Assessment. Mexican Lasagna, Corn Bread Muffins and Fruit Kabobs with dip |
| Day 35  12/3-4 | Meat and Protein | Protein PPT and listening Guide. Protein practice with calories per gram. |  |
| Day 36  12/5-8 | Meat and Protein | Review internal probe thermometers and calibration. Instructions on steak cooking. Lab. Exit ticket – what nutrients were in the lab? | Lab: Steak Stir Fry – Internal Probe Thermometers |
| Day 37  12/9-10 | Pies and Tarts | Introduce pastries. Pastries PPT and listening guide. Pastry dough demo with food processor. Finish pastry worksheets. Cookies! | Demo: Food Processor Pastry Dough – make Cinnamon and Sugar Cookies. |
| Day 38  12/11-12 | Pies and Tarts | Reminders on pastry dough – each lab will make a pie filling. Evaluation of nutrients in pies and tarts as exit ticket. | Lab: Tarts – and fillings. |
| Day 39  12/15-16 | Careers | Career exploration day – Computer lab? Career options, employment skills needed, educational requirements needed in the culinary or food service world. |  |
| Day 40  12/17-18 | Holiday Treats | Assignment – make as many different cookies as possible with one basic cookie dough. | Lab: Holiday treats from one cookie dough |
| Day 41  12/19-22 | Review | Written Review | Treats for students at end of class |
| Day 42  1/5-6 | Review | The Great Race Review | Chocolate Candy Bars. |
| Day 43  1/7-8 | Final | State Skills Test | Quick recap  Recycle all packets |
| End 2nd Term | | | |